

SANTA CRUZ COUNTY, ARIZONA
ANNUAL REPORT

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HOME DEMONSTRATION AGENT

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ORGANIZATION AND PLANNING

Situation

The Extension Program in Santa Cruz County has expanded so that there is now a group in the Patagonia vicinity as well as one in the Santa Cruz Valley.

Five or six years ago the Sopori Homemakers (Santa Cruz Valley) disbanded from lack of interest on the part of the majority of members. They reorganized early this year, renaming the club Valle Verde with a membership of about 15 women. Three of these women belonged to the other club before it disbanded. All of the women live on ranches and their husbands are actively engaged in Agriculture. The women are willing to assume responsibility for their club's success. Project leaders came to one leaders' training meeting in Tucson, and the agent trained leaders for one other project lesson. They are resourceful and do not expect the county office to do everything for them.

The group of Mexican women in and around Patagonia have not met this year. Two meetings were planned, but other activities in the community interfered. With a little time spent by the agent, undoubtedly their interest could be aroused once again. These women are not aggressive so that they will not put forth any effort to keep the program going. There is a real need among these women for the kind of information that the Extension Service has to offer. Mrs. Carrie Montoya, Public Health Nurse, would be the person to work through to reach these women.

The patagonia Homemakers group continues about the same as in the past. The club has elected officers but for the most part they do not assume any of the responsibility for the actual planning for activities of the club. This is still left up to the agent. With more guidance perhaps this situation could be connected. Their average attendance is from 12 to 15 women. Except for the organizational factor, the women actively participate in the planned program and do put into practice many of the extension methods taught.

Santa Cruz County shares a Home Demonstration Agent with Pima County. Unfortunately the lack of time limits the amount of organizational work that can be accomplished. It would be extremely desirable to make home visits each month as a very small percentage of the rural homemakers in the county are reached. Perhaps with an assistant to work in the two counties, this could be accomplished. The same projects are carried on in the two counties with very few exceptions. Great distances to travel, few telephones and irregular mail service are some of the other handicaps in expanding the work in the county.

FURNISHINGS AND EQUIPMENT

Slip Covers

43 women in 2 clubs attended 3 meetings on Slip Covers. The same information was given to both clubs, but one group had both lessons in an all day meeting while the other group met two afternoons.

The lesson began with a discussion on why we want slip covers in our homes. Five reasons were given: 1. protect a new piece of furniture, 2. hide the upholstery of an old piece of furniture, 3. cover a muslin covered chair or davenport, 4. change the line of a chair, 5. add color or decorative note to the color scheme of a room.

Any chair that is to be slip covered must be in good repair, particularly the springs and padding. Padded upholstered chairs such as the cogswell, club chair, morris chair, victorian bedroom chair and the average straight upholstered chair or davenport can be slip covered rather easily. Curved backs such as the barrel chair and curved sectional pieces should not be slip covered, as you cannot get a tight fit. The platform rocker requires a semi-slip cover. Samples of slip cover fabrics were shown, both good and bad. Slip cover fabrics should have these characteristics: durable to wear and tear; washable or dry cleanable; proper color, design and texture to go with other furnishings; width of fabric which will cut to advantage. Two terms were discussed that all homemakers should know what they mean.

Good slip covers should be well tailored, have good proportions, but made on the straight grain of fabric, have good closures, suitable seams and have generally good construction.

Measurement charts were given to all present and then the proper way to take measurements was demonstrated. Adequate seams and tuck-ins were stressed. After the measurements and allowances were figured, we showed how to block out the pieces needed on the fabric. By using the block method it is not necessary to cut a pattern before attempting to make a slip cover.

The next phase of the demonstration was showing how to pin and fit the blocks to the chair. The members followed up the demonstration by actually pinning and fitting the blocks to a full size chair. At the proper time they were shown the sequence of fitting and joining the pieces together. A refresher was given for those women who did not know how to slip paste, as it is felt that accuracy at this point is essential to the final good fitting tailored slip covers.

We demonstrated two ways of putting cord in the seams to give a tailored finish. Particularly important was the slashing of the fabric

FURNISHINGS AND EQUIPMENT (continued)

Slip Covers (continued)

to make it fit smoothly on the curved areas.

A small child's chair was used to demonstrate how the 5 piece slip cover fits on a chair. It was pointed out that it was easier for most people to make one section of the slip cover at a time; also makes it easier to wash and iron. It was stressed that tags, tabs and dowels were extremely important to have a slip cover that stayed in place when finished. The basic principles in making a slip cover are the same for the 5 piece method as for the conventional all-in-one piece type.

One homemaker who had made slip covers professionally picked up a few techniques new to her as well as passing along to the women some speedy methods used in the trade.

At least two slip covers are in the process of being made as a result of this lesson.

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
State of Arizona
106 North Court Avenue
Tucson

University of Arizona
College of Agriculture
U. S. Department of Agriculture
And Pima County Cooperating

Agricultural Extension Service
Home Demonstration Work
County Agent Work

DIRECTIONS FOR MEASURING AND CUTTING
MATERIAL FOR SLIP COVERS

- I. Mark SEAM LINES with chalk on:
 - a. Outside back
 - b. Outside arm
 - c. Front or side blocks
 - d. Apron
 - e. Wings
- II. Determine PLACING OF DESIGN by laying the material on:
 - a. Inside back
 - b. Inside arm
 - c. Outside arm
 - d. Mark with chalk or crossings the design which is to be centered and its exact location on sections of the chair.
 - e. Mark the center lengthwise line on the material with chalk or basting thread.
- III. Mark the CENTER LENGTHWISE LINE on the chair with chalk:
 - a. Outside back
 - b. Inside back
 - c. Seat and apron
 - d. Cushion top, bottom and front boxing
- IV. RECORD MEASUREMENTS
 - a. Remove separate cushion
 - b. Measure and record length and width of each section of the chair.
 - c. Add allowances for seams, hems, tuck-ins and plackets.

	LENGTH+ALLOWANCE = TOTAL	WIDTH+ALLOWANCE = TOTAL
INSIDE BACK	_____ + 2" + 4" _____	_____ + 2" + 2" _____
SEAT	_____ + 4" + 2" _____	_____ + 4" + 4" _____
APRON (lower front)	_____ + 2" + 2" _____	_____ + 1" + 1" _____
2 INSIDE ARMS	_____ + 2" + 4" _____	_____ + 2" + 2" _____
2 OUTSIDE ARMS	_____ + 2" + 2" _____	_____ + 2" + 2" _____
2 CUSHION COVERS	_____ + 1" + 1" _____	_____ + 1" + 1" _____
CUSHION BOXING	_____ + 1" + 1" _____	_____ + 1" + 1" _____
OUTSIDE BACK	_____ + 2" + 2" _____	_____ + 2" + 2" _____

2 BLOCKS	_____	+ 1" + 2"	_____	_____	+ 1" + 1"	_____
2 WINGS-inside	_____	+ 1" + 1"	_____	_____	+ 1" + 1"	_____
2 WINGS-outside	_____	+ 1" + 1"	_____	_____	+ 1" + 2"	_____
FLOUNCE	_____	+ $\frac{1}{2}$ " + $1\frac{1}{2}$ " hem	_____		_____
CORDING:					<u>1-$\frac{1}{2}$"</u>
2 x cushion	_____	2 x side arms	_____			
2 x blocks	_____	1 x bottom of chair	_____			
2 x wings	_____	1 x outside back	_____			
TOTAL		_____			

- V. MEASURE, LABEL and CUT each piece for the slip cover.
- Draw a thread to straighten the end of the material.
 - Mark the measurements and the allowances for each piece with chalk, noting the correct placing of the design.
 - Check measurements and label each piece.
 - Cut pieces leaving the extra material on each side in a long strip.
 - Inside back and seat are usually cut in one piece.
 - The designs on the 2 inside arm pieces should correspond, also on the 2 outside arms.
 - Cut cording not less than 1-1/2" to suit the size of the cord. Cording may be cut lengthwise or crosswise or on the bias of the material for the desired effects.
 - Measure and cut the number of widths of material required for the flounce.
Place the flounce so that the pattern on the flounce and the pattern on the apron and the outside arms produce a pleasing effect.

VI. ORDER OF WORK ON INSIDE OF CHAIR

- Pin in place:
 - Inside back, seat and apron.
 - Inside wings.
 - Inside arms.
- Fit and baste together:
 - Inside back and inside wings.
 - Inside back and inside arms.
 - Inside arm and seat seams.
- Brush tuck-ins carefully into place.
- Pin and baste cording on marked seam lines:
 - At top and front edge of wings or side blocks.
 - At outside edge of each arm.

VII. ORDER OF WORK ON OUTSIDE OF CHAIR

- a. Place, pin and baste:
 - 1. Outside arms (to match inside arms).
 - 2. Outside wings to side blocks (to match outside arms).
 - 3. Cording on front blocks.
 - 4. Front blocks.
 - 5. Cording on outside back.
 - 6. Outside back (arrange placket as desired).
- b. Flounce:
 - 1. Baste hem in each separate section.
 - 2. Determine depth of pleats at corner of chair.
 - 3. Join sections with seams under pleats.
 - 4. Baste pleats in place.
 - 5. Baste and stitch cording to top of flounce.
 - 6. Pin, baste and stitch to slip cover.
- c. Cushion:
 - 1. Place and pin cover to match design on inside-back of chair.
 - 2. Mark line for cording and pin and baste in place.
 - 3. Pin boxing to match design at front with placket at back and sides of cushion.
 - 4. Pin and slip baste boxing to corded edges of cushion.

VIII. ORDER OF STITCHING

- a. Inside seat, arm and wing seams.
- b. Outside wing or side block seam.
- c. Outside arm seams.
- d. Front blocks.
- e. Outside back.
- f. Hem (sew in anchoring tabs).
- g. Flounce (check pleats and length before final stitching).
- h. Cushion

IX. ANCHOR SLIP COVER IN PLACE

- a. Inside of chair:
 - 1. Make cotton cushions to fit into tuck-in, or
 - 2. Sew slip cover in place with upholstery needle if there are no tuck-ins.
- b. Outside of chair:
 - 1. Sew 4 inch tabs into hemline of slip cover, placing 4 tabs on each side of chair.
 - 2. Tack free end of tab underneath to chair frame.

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AVERAGE YARDAGE REQUIRED FOR SLIP COVERS

	54" Material	48" Material	36" Material
Average Chair	6½ yards	6½ yards	8 yards
Oversized wing or barrel back chair	add 1 yard	add 1 yard	add 1 yard
Flounce or Valance	1½ yards	1½ yards	2 yards
Average box couch with valance	8 yards	8 yards	11 yards

	<u>Average Amount Cording</u>	<u>Binding For Seams</u>
Bedroom chair - loose cushions	10 yards	8 yards
Davenport	25 yards	15 yards
Arm Chair	12 yards	9 yards
Wing Chair	12 yards	9 yards

From: Erma Bamesberger, Agricultural Extension Service,
University of Massachusetts

FOOD AND NUTRITION

Foreign Cookery

Both homemaker clubs participated in the Foreign Cookery project. 28 women attended the two meetings. Two weeks before the club meetings various homemakers were sent recipes and asked to prepare the dish at home and bring to the meeting. This was a new experience, as the women had never been asked to prepare anything before a club meeting. All cooperated beautifully and agreed that for this type of lesson this method was very practical.

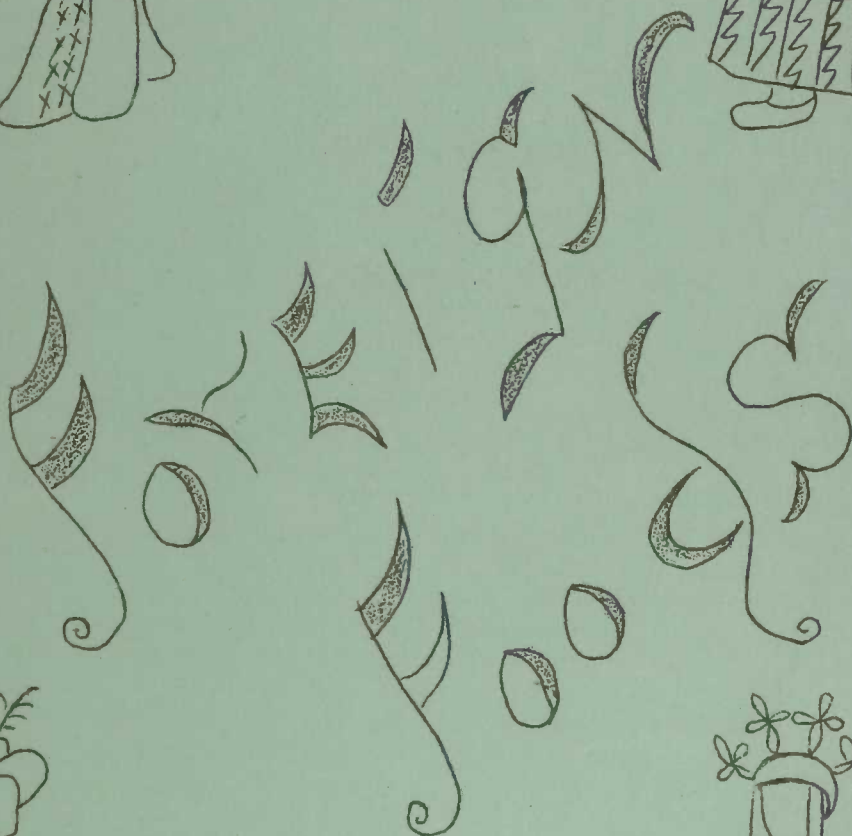
Foods prepared and brought were Scandinavian Sweet Soup, German Cookies, German Kuchen, German Sauerbrauton, Swedish Meat Balls, Syrian Stuffed Grape Leaves; at the meeting Japanese Sukiyaki and Chinese Egg Foo Yung were made.

Considerable time was devoted to discussing the preparation of the different foods. The nutritive value of various foods were mentioned, as this helped to bring out the different food habits and customs in each country.

One homemaker in the Valle Verde group had spent quite some time in Luxemburg so that she told of the different food habits there.

Most of the women felt that their families would be willing to be a little adventuresome and try some of the foods they learned about at this meeting.

No results are available at this time as to how many homemakers have used any of the information from this lesson in their own homes. This will appear in a report at a later date.



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FOODS OF OTHER LANDS

Prepared By

Ruth Linner, Home Demonstration Agent

Frequently homemakers would like to add greater variety to their daily meals. However, many hesitate to try foods from other lands, because they are too different to what we are accustomed to having. One must develop a taste for these foods just as we have to learn to appreciate good works of art.

Developing a "cosmopolitan palate" gives one a feeling of social assurance when traveling or moving to another part of the world, as so many young people are doing. No person wants to appear ignorant or unsophisticated when taken to a foreign restaurant -- like the sweet old gentleman who, eating in a chinese restaurant for the first time, complained that the waiter didn't bring cream and sugar for his rice.

Let's be adventuresome and try some of our "Neighbors-across-the-water" best dishes-- who knows, they may become favorites with your family.

Acknowledgements:

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SCANDINAVIAN FOOD

The Scandinavian people take a keen interest in food and in cookery and are extremely proud of their national dishes. In the midlands and the south of Sweden and Norway, the food of the people is plentiful and good, but in the remote parts of the north, food is sometimes scarce in winter and the meals are very simple.

In the rural districts, one of the staple articles of diet is rye bread, made either into bread or into somewhat hard, flat cakes, known as knakebrod or "rye crisp."

The extensive use made of salted meats and fish is characteristic of all Northern peoples and is probably due to climatic conditions and to the fact that fish is plentiful on the ocean shore and in the numerous streams. The Norwegians, especially, eat an enormous amount of fish, many people having meat only occasionally or as a special luxury. In the fish markets in Bergen Norway, many different kinds of fish can be bought alive, since they are kept in tanks, and the housewife or cook may select the fish she desires as it swims gaily about the tank.

Reindeer are eaten in Norway, and smoked reindeer tongues are considered a great delicacy. Dairy products constitute a large part of the diet of the people in Southern Sweden and in Denmark. Cheese, in many forms, is a favorite dish. Danish cookery is essentially that of a people who require substantial food and who make it tasteful by use of contrasting ingredients.

The hours of meals vary in different parts of the Scandinavian countries, according to climate and occupation. In the farm home of the middle classes, it is customary to eat five or six times during the day - coffee in the morning before doing chores, breakfast at eight; sometimes mid-morning lunch at ten; dinner at twelve o'clock; afternoon coffee at three and supper at seven or eight. The long hours of daylight in the summertime account for the late supper hours.

MEAT DISHES

*SWEDISH MEAT BALLS

1 pound round steak	1/2 cup dry bread crumbs or rusks
1/2 pound pork	2 eggs
1 cup mashed potatoes	Hot milk

Grind the meat, put through the meat grinder at least twice. Mix all ingredients, season with salt, pepper, pinch of ginger, gratings of nutmeg, dash of all spice and 1 teaspoon sugar. Add enough hot milk to make it soft. Mix well. Form into small 1-inch balls, roll in flour and fry until brown. Take out of pan and make a thin milk gravy from the fat and drippings. Then put meat balls back into the pan and let them simmer slowly for about 1/2 hour.

CABBAGE ROLLS (KALDOLMAR)

- | | |
|------------------------------------|------------------------------|
| 1 large firm head of cabbage | 1 small onion, grated |
| 1 pound beef, finely ground | 1 teaspoon salt |
| 1/2 pound lean pork, finely ground | 1/4 teaspoon pepper |
| 1 egg, unbeaten | 1/2 cup milk, cream or stock |
| 1-1/2 cups cooked rice | to moisten |
| | 2 tablespoons drippings |

Preparing the cabbage: Cut deep incisions around the cabbage stem and place it stem end down in boiling water. In about five minutes the leaves will be wilted enough so that they may be removed readily even from a very compact cabbage. Cook the leaves from five to ten minutes, until they become slightly transparent and pliable, then drain and lay on a dry cloth to dry. Combine the other ingredients as in making meat balls; make them into oval forms and wrap each in a cabbage leaf. Trim neatly and fasten with toothpicks or string. Place in a Dutch oven with the hot drippings and brown, turning carefully, then add a cupful of water or stock and cook slowly for about an hour. Turn the bundles once or twice while cooking. Serve on a hot dish with a gravy made from the liquid in the pan.

CURVA

- | | |
|--------------------------------|------------------------------|
| 2 pounds hamburger | 2 medium onions (ground raw) |
| 3 pounds pork sausage | 1 teaspoon salt |
| 1 cup pearl barley | 1/4 teaspoon pepper |
| 5 medium potatoes (ground raw) | 1/2 teaspoon all spice |

Place all ingredients in a large mixing bowl and mix well together. It is easier to do this with your hands - pack in three salt bags or bags you make yourself; tie at top - place in a kettle with a rack and a little water; boil for about 2 hours - or pressure for 45 minutes at 15 pounds pressure. This may be cooked and frozen and then reheated. Serve it with Swedish Limpa Bread, tossed green salad and a vegetable.

BEEF BIRDS (BENLOSE FUGLER)

- | | |
|--------------------------|---|
| 1-1/2 pounds round steak | 1/2 pound bacon (will not use all, perhaps) |
| 1 onion | 1 tablespoon flour |
| 1 pint boiling water | Salt and pepper |

Pound steak and cut into four-inch squares. Lay on each a small piece of bacon and a little chopped onion. Roll and fasten with a tooth pick. Roll the rolls in the seasoned flour, brown, add water and simmer for 2 hours (covered).

ROT-MOS

- | | |
|--------------------|----------------------|
| 2 pounds spareribs | 3 tablespoons butter |
| 1 large rutabaga | 1/8 teaspoon pepper |
| 6 potatoes | 1/2 teaspoon salt |

Boil the spareribs in salted water until about half done, (about 45 min.), then add the rutabaga pared and cut crosswise in thin slices. Cook for 15 minutes, then drop in the potatoes, continue cooking until the vegetables are tender. Remove the meat when it is cooked sufficiently, brown in the oven slightly. Mash the potatoes and turnip together, adding the butter and the seasoning. Serve on a large platter.

FISH DISHESHERRING SALAD

- | | |
|----------------|---------------------|
| 1 cup herring | 1 teaspoon onion |
| 1 cup beef | 1 teaspoon cucumber |
| 1 cup beats | 1 teaspoon apples |
| 1 cup potatoes | 3 hard boiled eggs |

Sauce

- | | |
|---------------------|--------------------------------|
| 1 tablespoon butter | 1/2 teaspoon pepper |
| 2 tablespoon flour | 1/2 teaspoon mustard |
| 1 cup beef broth | 2 tablespoons beet juice |
| 2 egg yolks | 1-1/2 tablespoons oil or cream |

Dice salted herring and boiled beef. Mix well in sauce. Melt butter; stir in flour; dilute with broth; bring to boil. Remove from fire - cool - add egg yolks, spices and oil or cream. Toss together. Tarnish with chopped eggs; serves 8 - 10.

SOUPS*FRUIT SOUP

- | | |
|------------------------------|-------------------|
| 1/2 pound prunes | 1 pound apricots |
| 1 cup seedless raisins | 3 apples, diced |
| 1 orange, sliced | 1 cup sugar |
| 1 can cherries | 1 lemon, sliced |
| 4 tablespoons minute tapioca | 2 sticks cinnamon |

Soak dried fruit in approximately 3 quarts of liquid, sugar, cinnamon, orange and lemon in enough water to cover - overnight. After soaking, add tapioca, apples, cook until fruit is soft. Add canned fruit last. Serve this hot or cold as first course for smorgasbord Swedish meat ball dinner. 10 servings.

PEA SOUP (ARTSOPPA)

- | | |
|--------------------------------|---------------------|
| 2 cups dried yellow split peas | 3 all spice berries |
| 2 pounds spareribs | 1 bay leaf |
| 1-1/2 teaspoons salt | |

Soak the peas overnight in cold water. Boil the peas slowly until tender (about 2 hours). Add the spareribs, cut into pieces, for serving, the all spice berries, the salt, and the bay leaf. Cook for an hour or longer, adding more water if the soup cooks down too much. Serve in soup plates with the spareribs as the main dinner or supper dish.

POTATO DUMPLINGS

1 large potato (raw)
 1/2 cup milk
 2 eggs

Salt to taste
 Flour to make a thick batter
 similar to biscuit dough

Grind the potato in the meat chopper. Pour off the water which accumulates. Add the milk, beaten eggs, salt, and flour to thicken. Dip hands in cold water so dough will not stick to them. Form into small balls. Drop dough into kettle of boiling water. Be sure that water is boiling briskly all the time. (about 3/4 hour is required for cooking if dumplings are not very large.) These are eaten warm with butter.

BREADSSWEDISH SWEET ROLLS

1 cup scalded milk
 3 tablespoons butter
 4 tablespoons sugar
 2 eggs

1 teaspoon salt
 1 yeast cake dissolved in
 1/4 cup lukewarm water
 6 cups flour

Add butter, sugar and salt to milk - when lukewarm add dissolved yeast cake and 3 cups flour. Beat thoroughly, cover and let rise until light. Cut down and add egg, and enough flour to knead. Let rise until double in bulk. Grease well 10-inch tube cake pan; heat oven to 375° - form dough in balls size of walnut; place layer in cake pan; roll in butter; cover with sugar mixture.

Sugar mixture

1/2 cup white sugar
 1/2 cup brown sugar
 1 tablespoon cinnamon mixed with 1/2 cup finely chopped nuts

Alternate layers in pan - bake 35 to 40 minutes - remove from pan while hot; balls will separate. Serves 6.

SWEDISH RYE BREAD

6 cups medium rye flour
 2 quarts warm water
 2 teaspoons anise seed
 3 tablespoons shortening
 1 teaspoon salt

1/2 cup molasses
 1 cup sugar
 1 compressed yeast cake
 White flour

Temperature: 375° F. for 15 minutes; then 350° F. for 35 to 45 minutes.

Softens the yeast cake in 1/4 cup of the warm water. Mix the rye flour into the warm water, 80° F. Add the anise seed, the shortening, salt, molasses, sugar and yeast. Add enough white flour to make a soft sponge. Let this rise for 3 to 4 hours. Knead in enough white flour to make a stiff dough and let it rise once more. Shape into loaves. Let rise and bake.

NORWEGIAN LEFSE

5 cups of potatoes, mashed fine
1 cup cream
1 tablespoon butter

2 tablespoons sugar
Pinch of salt
Flour

Mash the potatoes, add the cream, butter and salt. Beat until very light and let cool. When cool, add flour to make a stiff dough. Roll thin like a pie crust, using a corrugated rolling pin. Bake on a hot pancake griddle on both sides, taking care not to burn or bake too hard. Top of the stove may be used. When baked, fold twice and keep in a covered jar or wrap in a cloth to keep soft.

SAFFRON BREAD

Temperature: 400° to 425° F. Time: About 25 minutes

1 quart milk, scalded and cooled
to lukewarm 80° F.
2 cups sugar
1 cup butter
2 compressed yeast cakes
1 teaspoon salt

1 egg
1/2 teaspoon saffron powder,
dissolved in
1-1/2 tablespoons hot water
About 12 cups white bread flour

Soften the yeast in a little of the milk. Add the softened yeast and the dissolved saffron powder to the rest of the milk. (Saffron powder is used to give yellow color). Gradually work in the flour and salt until a soft sponge is formed. Let rise in a warm place until double in bulk, then add the beaten egg, the melted butter and the sugar. Add more flour and knead vigorously. Let rise until double in bulk, then the dough is ready to be shaped in wreaths, scrolls, and braids and other fancy shapes. Allow to rise, brush lightly with beaten egg, sprinkle with sugar and chopped almonds and bake.

DESSERTSPLATTER

This is a dessert consisting of a very thin type of griddle cake, served with lingon berry sauce or with any jam or marmalade. Cranberry sauce may also be used.

3 eggs
1-1/2 cups sweet cream
1-1/3 cups flour

3 cups milk
1 teaspoon salt
1-1/2 teaspoons melted butter

Beat the eggs to a very light foam, add the cream, then the flour, milk, salt, and last of all the melted butter. Let the batter stand for an hour before beginning to bake the cakes. Pour by spoonfuls on to a hot greased griddle and cook like griddle cakes. Serve hot, as a dessert, spread with jam or sauce. They may be rolled if you like. This recipe makes a very large number of cakes as they are so very thin.

NORWEGIAN PRUNE PUDDING

1/2 pound prunes
 2 cups cold water
 1 cup sugar
 1 teaspoon lemon juice
 Rind of 1 lemon

1 inch stick of cinnamon
 1-1/2 cups boiling water
 1/4 cup of cold water
 1/3 cup cornstarch

Pick over and wash the prunes. Soak for one or more hours in 2 cups of cold water. Cook slowly until soft in the water in which they were soaked. Remove the pits, add sugar, lemon juice, rind, cinnamon, boiling water and simmer fifteen minutes. Mix cornstarch with the 1/4 cup cold water; add to cooked prune mixture and cook five minutes. Remove cinnamon, mold and chill. Serve with plain or whipped cream. Chopped almonds may be added to the mixture just before pouring into the mold.

*OST-KAKA

3 quarts raw milk
 1/4 cup milk
 1/2 rennet tablet
 1 tablespoon cold water
 1/2 pint table cream

4 slightly beaten eggs
 1/2 cup sugar
 1/2 teaspoon almond flavoring
 2 tablespoons butter
 7 chopped almond nuts

Take 3 quarts raw milk (Pasturized milk may be used). Pour off the top cream and save. Heat the milk to 78° body temperature (luke warm). Mix 1/4 cup of cold milk with about 1/2 cup flour. Crush 1/2 rennet tablet in a spoon and dissolve in 1 tablespoon cold water. Add to milk and flour mixture, stirring very gently until mixture shows signs of thickening, no longer. Let stand about 1 hour or until the milk is hard. Cut the milk with a knife and pour into a colander and separate the curd from whey.

To the curd add the cream which you took from the raw milk in the beginning plus 1/2 pint table cream; add 4 slightly beaten eggs, 1/2 cup sugar, 1/2 teaspoon almond flavoring, 2 tablespoons butter and 7 chopped almond nuts.

Bake in a medium oven (350°) for 1 hour. Test like custard to be sure it is done. 12 servings.

Ost-Kaka is best when topped with lingonberries, cranberries, or strawberries just before serving.

GERMAN FOOD

A Berlin author maintains that three-fourths of all the Germans, and four-fifths of their cousins, the Austrians, talk more about eating than anyone, and that the most successful novels in their countries are those in which there are descriptions of banquets that make your mouth water.

The German people devote considerable time to banqueting. Ordinarily, they like a light breakfast early in the morning, a little later they have a heavy breakfast often consisting of sausage and buckwheat cakes, brown bread and coffee. About one o'clock they have a light lunch and at seven or eight, they have their supper. They never hurry their meals nor do they limit the amount of food. Ordinarily the food is served in large dishes and is passed around the table.

Perhaps their enjoyment of eating explains the fact that some of their foods have become famous all over the world, for example, sauerkraut, pumpernickel, sauerbraten, and various sausages. They have developed an excellent style of cookery. Sausages, pickled or smoked meats head the list of their favorite foods, and with these as well as with their vegetables, they use many spices and condiments. And certainly these highly flavored foods agree with them, for as a race, the Germans are hale and strong.

In a German delicatessen (they do have such things in Germany) you will find cold joints of all kinds of meat placed in line on the counter with hams, raw or cooked, and sausage of many kinds all eager to be sliced. The Germans often lunch on these sliced meats, huge platterfuls of them are brought to the table, and none of them are wasted, you may be sure.

Perhaps you wonder why they have so many kinds of sausages; as far as nutritive value goes, there is very little difference between them, but by combining various cuts of meat and blending, spicing, and curing them in different ways, they secure variety in flavor. Germans gain much variety in flavor. There are at least two dozen varieties of liver sausages on the German market. And many, many combinations of beef and pork.

Genuine Frankfurthers are always smoked slowly and carefully. You may be interested to know that these are known as Frankfurthers throughout the greater part of Germany and Austria, but in Frankfort, their home, they are called Wiener Wurstel.

The Germans eat more pork than any other meat and, indeed, their Westphalian hams have carried the fame of German foods to lunch tables in all parts of the world. These select hams are smoked and cured scientifically to develop the most delicate flavor - this is the reason for their reputation. In Germany they do not have the excellent sugar-cured hams that we have - their hams are just smoked.

*GERMAN COFFEE BREAD OR KUCHEN

1 cup scalded milk	1 egg or 2 egg yolks
1/3 cup butter, or butter and other shortening	1 yeast cake dissolved in
1/4 cup sugar	1/4 cup lukewarm milk
1/2 teaspoon salt	1/2 cup raisins, stoned and
3-3/4 cups flour	cut in pieces.

Add butter, sugar, and salt to milk. When lukewarm, add dissolved yeast cake, egg, flour to make stiff batter, and raisins; cover and let rise. Spread in buttered dripping pan 1/2 inch thick. Cover and let rise again. Before baking brush over with beaten egg, and cover with following mixture: Melt 3 tablespoons butter; add 1/3 cup sugar and 1 teaspoon cinnamon. When sugar is partially melted, add 3 tablespoons flour. Bake in moderately hot oven (375° F.).

KIPFELS

4 cups flour plus 1 teaspoon salt	1/2 cup of crisco
2 cakes yeast	4 egg yolks
1/2 cup oleo or butter	1 pint sour cream

Add yeast to flour and crumble up well; add oleo or butter and crisco and mix thoroughly until the mixture is like a pie crust consistency. Add egg yolks, blend carefully and easily; add sour cream, stir easily. Roll out, cut into squares. Brush each square with slightly beaten egg white. Put a filling of your desire in each square and gently fold each square once, brush again with egg whites. Bake at 350° oven for 25 minutes. Jam fillings are excellent for this, such as plum or strawberry. Date filling is also very good. Serve with coffee or tea any time of the day.

*GERMAN COOKIES

1 pound brown sugar	4 eggs
2-1/2 cups flour	1 teaspoon cinnamon
Pinch of salt	1/2 teaspoon cloves
1 cup nut meats	1/2 teaspoon ginger

Beat eggs well. Add brown sugar. Sift dry ingredients, add to egg mixture with nuts. Bake at 375° for 20 minutes. Immediately glaze with powdered sugar and water. Allow to cool then cut into squares.

*SAUERBRATEN

For the meat, choose the same cut of beef you use for pot roast. Put meat in a large bowl and cover with raw onion rings, carrot slices and several bay leaves. Over this pour a hot mixture of one cup vinegar and one cup water. Let soak three days in a cool place, turning the meat and vegetables each day. Then drain, brown them over a low flame and let simmer in some of the vinegar-water liquid until tender. After meat is cooked, make a thick, brown, sweet-sour gravy by adding a dozen ginger snaps and two tablespoons brown sugar to the liquid in the pan. For a hearty meal with appetite-appeal on cold winter days, try old-fashioned sweet-sour sauerbraten served with German-style red cabbage and fluffy-light potato dumplings. But be sure to plan ahead, for as you see, preparation of the meat should begin three days before serving.

Sauerbraten is especially good for game meat. Of course the size of the roast would depend on the number of people it would serve, but as in pot roasting there is quite a bit of shrinkage.

To prepare cabbage: Shred a medium-sized red cabbage. Brown a sliced onion in three tablespoons melted shortening, add cabbage, salt and pepper, two tablespoons brown sugar, two tablespoons vinegar, a sliced apple, a cup of water. Steam the mixture for an hour and a half.

Potato dumplings: Rice or grate (do not mash) six medium-size boiled potatoes. Add a cup of browned croutons, a teaspoon salt, two well-beaten eggs, a cup of flour. Form mixture into dumplings and boil 12 minutes in salted water serve covered with bread crumbs browned in butter.

ITALIAN FOOD

Good cooking is characteristic of Italy; it is one of its most unspoiled family traditions. Few countries have been so successful as Italy in defending customs from the monotony of everyday modern life.

Although dishes vary considerable from one region to another, Italian cooking is based primarily on pastes, especially macaroni, spaghetti and ravioli, highly flavored with garlic, peppers, anchovies, tomato paste, mushrooms, capers, grated Parmesan cheese and olive oil. It depends more than any other national cookery on wines and fruits, which are without compare.

In a country which flows with wine and honey as does Italy, fancy and complicated desserts are superfluous. Fruit forms the national dessert from Northern Morano to southernmost Sicily where the old adage about fruit is changed to: "Fruit is silver in the morning, golden at noon and platinum at night." Cakes, ices and zabaglione are the other national desserts.

Cooking in Italy is still done in a primitive fashion, over charcoal braziers, or spits and in clay-covered ovens. Of the characteristic dishes of Italy, let us mention "Pasta Asciutta," alimentary paste, which is served in innumerable forms, special forms being peculiar to certain regions, such as spaghetti with tomato sauce in Naples and "Spaghetti alle vongole" (with shelled clams) at seaside town; in Rome "Fettuccini al burro e parmigiano" (noodles with butter and Parmesan cheese) is a favorite dish. "Risotto alla Milanese" is a boiled

rice dish, prepared with saffron, and is very popular in northern Italy. The "Cotolette alla Milanese" is a very thinly sliced veal cutlet without the bone covered with flour and bread crumbs and fried in olive oil. This dish is popular throughout Italy. There are several varieties of "Gnocci" (dumplings) the most popular being those made with potatoes. The well-known Italian "Minestrone" is simply a very thick vegetable soup, served with "pasta" or "pastine" of some kind including a certain amount of greens.

ITALIAN SPAGHETTI WITH MEAT SAUCE

- | | |
|---------------------------------------|---|
| 1/4 cup olive oil | 1/2 pound lean ground beef |
| 1 or 2 onions, sliced | Bay leaf |
| 2 cloves garlic, minced | pinch of sage |
| 1/2 large can Italian peeled tomatoes | Oregano, basil and salt to taste |
| 1 can tomato paste | (Optional: Red peppers and
diced mushrooms). |

Saute onions and garlic in oil; add ground meat and brown slightly. Add remaining ingredients (including liquid from tomatoes) and cook slowly, uncovered for 45 minutes. Makes 2 quarts of sauce.

Spaghetti

Use a large kettle 3/4 filled with water. Bring to a boil and add 1 teaspoon salt for 2 quarts water. Add spaghetti by dipping ends in and allowing to wilt into water. Skin once or twice. Cook until done (firm but not soft) drain and serve topped with sauce.

*PIZZA BREAD DOUGH

- | | |
|------------------------------|--------------------------|
| 1 package fresh yeast | 1-1/2 teaspoon salt |
| 2 tablespoons lukewarm water | 2 tablespoons shortening |
| 1 cup boiling water | 3 cups sifted flour |

Crumble yeast in lukewarm water for 5 minutes. Pour boiling water over shortening and salt. Cool to lukewarm; add yeast. Add half of flour; beat until smooth. Then add remaining flour; beat smooth. Divide dough in half for thin pizza. Place on floured board; pat gently into 1 - 13 inch round or 2 - 11 inch rounds - with edge slightly thicker (this keeps filling from running over during baking). Place on greased cookie sheet. Let rise in a warm place 85° F. until doubles in thickness. Arrange filling on top and bake in a hot oven, 450° F. for 25 to 30 minutes or until crust is golden brown.

*Pizza Filling

- | | |
|---|--|
| 1 tablespoon olive oil | 1 minced clove garlic |
| 1/2 cup grated Parmesan Cheese | 1/2 teaspoon salt |
| 3/4 pounds Mozzarella or processed
American Cheddar cheese | 1/8 teaspoon pepper |
| 2 cups diced, peeled, ripe tomatoes,
drained | 1/2 teaspoon dried oregano
or thyme |
| | 2 tablespoons olive oil |

After dough doubles in size, brush with oil (1 tablespoon). Sprinkle with Parmesan cheese; arrange 1/3 Mozzarella cheese on top. Sprinkle with tomatoes mixed in garlic sauce, salt and pepper. Arrange rest of Mozzarella on top. Sprinkle with oregano; drizzle on 2 tablespoons oil. Bake in hot oven 450° F. for 25 to 30 minutes.

EGGPLANT ITALLIENNE

- 4 tablespoons butter
- 2 small eggplants, peeled and sliced
- 2 hard cooked eggs, sliced
- 1/2 cup diced cheese
- 1 cup tomato sauce

Tomato Sauce

- 1-1/2 cups diced tomatoes
- 1 onion, diced
- celery leaves, chopped
- parsley, chopped
- 1 carrot
- 3 or 4 whole cloves
- salt and pepper

Sprinkle each slice of eggplant with salt, cover and let stand for 2 hours. Sauté slices in butter. Line shallow casserole with sautéed slices and cover with sliced eggs and diced cheese; then add remaining eggplant. Add tomato sauce. Bake for 15 minutes. To make sauce cook all ingredients together until well done, put through a sieve. Thicken with 2 tablespoon butter and 1-1/2 tablespoons flour.

RAVIOLI (filled Dough or Noodles)

- 1-1/2 cups flour
- 1 egg, slightly beaten
- 1/8 teaspoon salt
- 1 tablespoon cold water

Sift flour into a bowl, make a well in center and drop in the egg, salt and cold water. Mix with fork and then knead for 20 minutes. Chill the dough for 30 minutes. Roll out very thin on a floured board and cut into rounds about 3 inches in diameter. On each circle of dough place 1 teaspoon of filling. Fold the dough in half and press edged together using a fork. Drop into rapidly boiling water and boil about 12 minutes. Remove from liquid and serve with tomato sauce and grated Parmesan Cheese.

Ravioli Filling

- 1 cup minced cooked chicken (may be canned) or 1 cup veal or beef
ground fine
- 1 beaten egg
- 1 teaspoon butter
- 1/4 teaspoon salt
- 1 tablespoon grated cheese
- 1 teaspoon minced parsley
- 1/8 teaspoon pepper
- 1 clove garlic minced

Mix ingredients until well blended. If beef is used, it is usually a piece of boiling meat, and the broth is used for cooking the ravioli.

CASSATA (Italian Cream Cake)

- | | |
|-------------------------|-----------------------------|
| 1-1/4 pounds Ricotta* | 1 tablespoon chocolate bits |
| 2 cups sugar | 2 tablespoons candied fruit |
| 1 teaspoon vanilla | cut into small pieces |
| 1 jigger cream de cacao | 1 recipe sponge cake |
| or other liqueur | |

Place ricotta, sugar, vanilla and liqueur in bowl and mix well with wooden spoon until smooth and fluffy (about 10 minutes). Add chocolate bits and fruit and mix well. Cut sponge cake into 1-inch slices and line casserole bottom and sides with cake slices. Pour ricotta cream over cake, cover with more cake slices and keep in refrigerator overnight or for at least 4 hours. Turn over onto serving dish and sprinkle top with confectioners sugar.

*Ricotta is a lot like our creamed cottage cheese.

RUSSIAN FOOD

As you all know, there has been much change in Russia since the war and a change in food habits is much in evidence. We find that previous to communism the peasants or factory workers of Russia made up 85 % of the population. The food used by the peasant class was much different than that used by the other fifteen percent whose tastes had been more widely educated and who could afford to buy what their tastes suggested.

Bread was, and still is, a great staple food in Russia. The masses of people lived on heavy, dark brown, round rye loaves, soggy in the center and had an acid taste. The ordinary breakfast of a poor family consisted of bread and tea. A piece of bread was usually taken to work and munched on during the day. Dinner came late in the afternoon when the day's work was done. This meal began and usually ended with bread and soup. The soup was often eaten by the whole family from a single bowl.

Large pieces of meat formed the stock for the soup, to which was added cabbage to make the famous Russian borsh, or Red Beet Soup. The peasant class seldom prepared meat in any other way than as a component of soup; very few, aside from those trained as house servants, knew how to carve a cow or sheep into roasts or chops.

The vegetables most common among the peasants were onions, potatoes, carrots, turnips, dried mushrooms, and salted cabbage. Cucumbers were eaten raw in the summer, skins and all, but in winter they were salted like cabbage. Berries and fruit and melons were available in summer, but since they did not have cold storage plants, the season was very short for these delicacies. Fruits were dried and used as compote during the winter months.

Tea is, of course, the universal Russian beverage, and the purr of the boiling samovar in the making of tea has become a Russian synonym for hominess and hospitality. The tea, however, is not made in the samovar, it is used only to heat the water. The word samovar literally means "self-boiler." One of the Russian customs is to use rich jams to sweeten their tea in place of using sugar.

It would be unfair if we didn't tell you something about the rich and exotic foods which the more favored groups of Russia once enjoyed. In pre-war Russia, many fortunes were spent on food and nothing but food. A certain Russian prince lavished three fortunes on food, and when he was completely ruined, he borrowed money from his friend in order to continue living as he always had and to have the food he desired. It is said that this man was so fat that when he went out to dinner, he had to sit sidewise at the table, but in his own house he arranged to overcome this obstacle by having a curve cut out in the dining room table so as to permit himself to face the table.

We can easily understand why such a curve might be necessary when we read about the lavish dinners that the well-to-do Russians used to serve. Dinner was, of course, the chief meal of the day. First came sakuski or hors d'oeuvres - from ten to twenty varieties of them. Next came the soup and with the soup was served piroshki or meat tartes, individual pirogs (stuffed loaves) filled with meat or mushrooms or eggs or rice. Then came the fish, the entrees, the vegetables and the roast served with pickled or fresh vegetable salad, and preserves of sour berries. Finally, came the dessert.

Such a dinner was not always the last meal these Russians partook of in a day. Two or three hours later tea would be served with several kinds of jam, cakes and sweets, and if the guests had been invited for the evening, there was a supper between midnight and two in the morning. The menu at this time of day, consisted of hors d'oeuvres followed by a light soup, some fish, a roast and a dessert.

They had big feasts during the Easter season and meats were a long suit. They served roast turkey, roast goose, roast suckling pig and roast mutton.

*BORSHT

1 quart water	16 medium-sized beets
1 quart whey	1/8 to 1/4 cup sugar
1 quart tomato juice	3 eggs
Sour cream	

Scrub the beets thoroughly and quarter. Simmer all for 2 hours. Strain. Cool 1/2 cup soup with 1/2 cup water. Add it to the beaten whole eggs. Then add the soup gradually to this, stirring constantly. Serve hot or chilled with a spoonful of thick sour cream to each serving. Care must be taken in reheating as the soup must never boil after the eggs have been added.

BLINCHITIE PIROSHKI

2 cups flour	<u>Filling:</u>
1 cup milk	1/2 pound chopped, cooked meat
1 egg	1 chopped onion
2 tablespoons butter	1 tablespoon butter

Mix the first four ingredients together and fry like a pancake. Brown one side and then turn it. Place a spoonful of the filling in the center of the pancake and fold the pancake together so it will not open. Finish frying the pancake in the butter until it is brown all over.

BITOCHKI v SMETANE (Meat Balls in Sour Cream)

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|------------------------------|----------------------------------|
| 1 pound round steak, chopped | Salt and pepper to taste |
| 1 onion, chopped fine | Dry bread crumbs |
| 1/4 loaf white bread | 1 cup sour cream or tomato sauce |
| 3 tablespoons butter | |

Brown chopped onion in a little butter, remove the crust from the bread and soak in water until thoroughly softened; then squeeze it dry and mix well with the meat and onion. Make small round balls, roll in bread crumbs and brown in butter. Add half a cup of sour cream, let simmer until done and five minutes before serving pour in the remainder of the sour cream. If tomato sauce is used for sour cream, the meat balls are called toftelki.

GOLUBTZI (Stuffed Cabbage Leaves)

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|--------------------------------|-------------------------|
| 1 large head white cabbage | 1 onion, chopped |
| 1 cup boiled rice | 1 can tomato soup |
| 1/2 pound round steak, chopped | 1/2 to 1 cup sour cream |
| 2 tablespoons butter | |

Remove outside leaves from the cabbage and toss into boiling salted water. When tender, drain and cool. Brown the chopped onion in a little butter and mix with the meat and rice, season and drop a spoonful on the stem end of each cabbage leaf. Roll up and tie securely with a thread. Brown on both sides in butter, then pour the undiluted tomato soup over the cabbage rolls. Cook over a slow fire until tender and five minutes before serving, add the sour cream.

JAPANESE FOOD

To many Americans, who have not traveled in the Orient, the words Japanese and Chinese are synonymous, or at least so confused that the Chinese dishes chop suey, chow mein and tea might be served at a Japanese style party with a clear conscience. Though many of the same materials are used in both countries, the resulting dishes of the two countries are vastly different.

The Japanese meal, it seems, is not an occasion for mirth or jovial conversation; instead it is marked with formality and little or no talking. As soon as the guests are all seated on the floor the lacquer trays are carried in, two for each guest, or a third if the occasion is quite elaborate. The food is served in dainty porcelain dishes, some with covers and no two alike. The soup bowl, only, is made of a lacquer which is not affected by heat. The chop-sticks are placed at the front of the tray, resting upon a small porcelain holder.

Sukiyaki is probably the most popular Japanese dish, aside from rice, which is to the Japanese what bread is to the American. At first, sukiyaki was the name for a method of cooking beef, but now it is taken to mean the dish itself. The dish is so easy for anyone to cook and so agreeable to the Japanese taste, that it is generally welcomed by all Japanese. As a rule, it is cooked over a small charcoal stove placed on the table, around which the family and friends are seated.

*SUKIYAKI

2 pounds round steak
cut 1/8 to 1/4 inch thick
Small piece of suet
2 Spanish onions
1 pound mushrooms

1/2 pound bamboo sprouts (or green
pepper and celery may be used)
1/2 cup sugar
1 cup soy sauce and 1 cup water

If you are cooking in true Japanese style, prepare a charcoal fire in a small portable stove on the table (an electric grill may be used instead), and place sukiyaki pan (a frying-pan will serve the purpose). Lay in the pan 2 or 3 pieces of beef fat and when it starts to melt, stir it around so that the inside of the pan is well greased. Add the sliced onions and other vegetables, and add the water. Cook slowly for five minutes, and then add the pieces of round steak cut into strips about the length and width of two fingers. Season with sugar and soy. Let simmer for 15 to 20 minutes, until all is well cooked. Often only half of the ingredients are cooked at a time, and while the cooked portion is being eaten, the rest of the materials are added and cooked in the same way, making the dish always hot and fresh. Of course, sukiyaki dinner may be cooked in the kitchen before serving. When having a sukiyaki dinner, it is not necessary to prepare many other dishes of different kinds. Rather than serving a large number of dishes, it would be better to serve a few simple refreshing dishes such as soup and pickled vegetables and rice, for the Japanese consider boiled rice indispensable to a sukiyaki dinner.

CHINESE FOOD

China today is one of the few countries in which eating remain a fine art. Only the better classes, by virtue of their ample leisure and many other contributing factors, are able to maintain the standards of culinary art achieved in the by-gone historic days of famous epicureans.

Chinese dishes require very careful and long preparation, a fact which causes many American housewives to be reluctant to try them. The food is rich, but not necessarily greasy. This results from using well selected ingredients, mostly fowl, in the preparation of the stock which is the basis of many tasty sauces and gravies that form part of the majority of dishes. Chinese food is usually thoroughly cooked and then served immediately. There are very few cold dishes.

The poor people in their daily life eat corn-flour bread, known locally in Chefoo as "p'ien p'ien," with steamed potatoes, millet congee (a sort of soup), kaoliang millet flour congee, pickled turnips, vegetables and dried fish.

The well-to-do and rich people eat noodles, boiled dumplings, bread or flat cakes made of wheat flour, supported by pork, chicken, fish - occasionally beef and mutton - and the vegetables of the season.

Favorite and characteristic dishes are: "Tsau Hoon Ning," fried shrimp meat; "Lah Ts Chi," chilled chicken, a favorite method of preparing this fowl; Bird's Nest Soup; and Water-lily seeds, steamed with candy.

*EGG FOO YUNG (CHINESE OMELET)

1/2 cup finely diced cooked
bacon or ham
1/2 cup minced onion

1/4 cup sliced water chestnuts
1 cup bean sprouts
5 eggs well beaten

Combine the meat, onion, chestnuts and sprouts and mix well. Add the eggs and beat until a thick consistency is secured; divide into 6 portions, mold into a soup ladle or cup and pour and pour carefully into a shallow pan of hot fat or oil. When one side is brown, turn over and brown the other.

KA HSIEN AU (PERFUMED GOOSE)

1 - 8 pound goose
4 cups water
2/3 cup brown sugar
2 tablespoons salt

1/2 teaspoon cinnamon
1/2 teaspoon white pepper
1/2 teaspoon sage
1/2 teaspoon all spice
1/2 teaspoon cloves

Wash and clean the goose. Combine the remaining ingredients in a kettle large enough to hold the goose. Bring to a boil and continue cooking about ten minutes. Place goose in the liquid, and cover with a tight-fitting lid. Simmer slowly for several hours until the goose is tender, basting it occasionally. Remove from fire and allow to stand about 15 minutes before serving. Cut in slices or portions and serve with the sauce.

CHOW MEIN

1-1/2 pounds pork, cubed
4 tablespoons fat
2 large onions, diced
1 bunch celery, diced

1 can bean sprouts
1 small can mushrooms
3/4 cup Soya Sauce
2 tablespoons cornstarch

Brown pork well, add celery and onions and saute until just done. Blend cornstarch and cold vegetable juice. Add remaining ingredients and cornstarch; simmer for 1/2 hour stirring occasionally. Serve over steamed rice or noodles.

CHOW SUB GUM MEIN

(Fried Noodles with Pork and Vegetables)

1/2 pound fresh pork
Butter
1 green pepper, chopped fine
1 stalk celery, cut in strips
6 water chestnuts, cut in pieces
1/2 cup bamboo shoots, cut in strips
Salt and pepper

12 mushrooms, sliced
1 cup stock
3 tablespoons Chinese sauce
1 tablespoon cornstarch
3 cups fried noodles
2 pimientos, cut in strips

Cut the pork in narrow strips. Fry in butter until brown; then add the green pepper, celery, chestnuts, bamboo shoots, mushrooms, stock sauce, salt and pepper. Cook until vegetables are tender. Then add the cornstarch which has been mixed with a little cold water and continue cooking for 10 minutes. Arrange the fried noodles on a large platter and cover with the sauce. Garnish with strips of pimiento.

CHOP SUEY

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|---|-----------------------------|
| 3 tablespoons fat | 2 cups onions, diced |
| 1 pound meat (chicken, veal,
beef or pork) | 1-1/2 cups soup stock |
| 1 can Chop Suey vegetables or
bean sprouts | 1 teaspoon Chinese molasses |
| 3 cups celery, diced | 1 teaspoon Soya Sauce |
| | 3 tablespoon cornstarch |

Heat fat in a skillet, add diced meat and cook until almost done. Add Soya Sauce, celery, and onions. Saute for about 10 minutes. Add soup stock and canned drained vegetables; cook 5 minutes. Add paste made by using vegetable juice, 2/3 cups water, molasses, Soya Sauce, cornstarch and seasonings. Cook until done. Serve over steamed rice.

OTHER FOREIGN COOKERY RECIPESSTUFFED CABBAGE (Hungarian)

- 1-1/2 teaspoon Butter
- 1/4 cup green pepper (diced)
- 1/4 cup chopped celery
- 1 medium onion
- Saute in the butter - 2 minutes

Add:

- 1-1/2 cups cooked rice
- 1/2 pound chopped beef
- 1/2 pound sausage meat
- 1/2 teaspoon salt
- 1/2 teaspoon thyme - mix well

Scald a large head of cabbage - let stand a few minutes covered to soften leaves a bit. Then put filling on cabbage leaves, corners turned in and roll. Arrange in a large baking pan and add: 1 small onion (whole), 1 can tomato soup (diluted with 1/2 can milk and 1 small can tomato puree. Bake at 350° for 60 - 70 minutes will serve 4 liberally. Can serve baked potatoes (in oven at same time) and a tossed salad - with apple scallop for dessert.

EGGPLANT WITH GROUND MEAT (Armenian)

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|---|---|
| 2 medium eggplants | 1/4 lb. butter or shortening |
| 1 pound ground lamb or beef
or mixture | 2 tablespoons tomato paste diluted
with 1 cup of water for the pan |
| 1 onion chopped fine | 1 whole tomato cut into thin round
slices for garnishing |
| 1/2 cup tomatoes | |
| 1 teaspoon cinnamon | |
| Salt and pepper to taste | |

Cut off the stems of eggplants, wash and slice into 1/4 inch thick slices, salt them and let stand for one hour. Braise the meat in a tablespoonful of butter until lightly browned, (omit butter if meat has a little fat). Add the onion, tomatoes and seasonings. Mix well and cook a little more. Dry the eggplant slices in clean towel or paper towels and brown in unsalted butter or home rendered shortening, (or brush well with melted butter or Margarine and bake in 450° oven until light brown). Arrange half the slices--overlapping in baking pan, cover with the meat, and remaining slices. Garnish the top with thin, round slices of tomato. Add the diluted tomato sauce into the pan and bake in 375° oven for about 45 minutes. Serve hot. Can be reheated--adding a little diluted tomato sauce or puree. Serve with a little of its juice. Serve with steamed rice, or cracked wheat if you wish. Can also be served with rolls,

salad greens, relish, Yogurt, coffee and a dessert. In selecting eggplants, the appearance is very important. A good eggplant has a dark and glossy skin without blemishes; it should feel firm and yet light-weight; and it should not be too large or overgrown. Allowing the salted eggplant to stand an hour, then drying, etc.--this process prevents the eggplant from absorbing any fat while frying. Also, salting the eggplant takes the bitterness out. You can actually see the eggplant perspire. Serves 4 - 5.

BEEF PAPRIKA (Bohemian)

Brown: 2 pounds lean beef cubes with
 1 cup onions and
 1 clove garlic, chopped in
 4 tablespoons hot fat

Mix together: 3/4 cup catsup
 3/8 cup Worcestershire sauce
 1 teaspoon vinegar
 1 teaspoon dry mustard
 2-1/2 tablespoons paprika
 1 tablespoon brown sugar
 1 teaspoon salt
 1/4 teaspoon pepper
 1 dash cayenne

Add mixture to browned ingredients. Add 3 cups water; cover. Simmer 2-1/2 hours. Mix 2 tablespoons flour with 1/4 cup water. Add to meat to thicken. Serve hot with cooked noodles, Romaine and head lettuce salad, French dressing, hot rolls, coffee, and ice cream. Serves 6.

ARROZ CON POLLO (Cuban)

Brown: 1 frying chicken, cut in pieces. Set aside.

Put in deep skillet: 4 heaping tablespoons fat, 2 cups rice. Cook and stir until rice is brown.

Add: 1 No. 2-1/2 can tomatoes
 2 chopped onions
 2 chopped bell peppers
 1 clove garlic
 Water as needed

Place chicken on top. Cover and simmer until rice is tender, about 35 or 40 minutes. (Add 1 teaspoon salt if bacon drippings are not used for fat.) This is an excellent recipe to make in quantity for a large group as it is bland enough to be served with strong flavored salads, both vegetable and fruit, and tasty enough to stand on its own merits. Can be used for "Buffets" with a variety of accompaniments.

*STUFFED GRAPE LEAVES (Syrian)

- 40 tender grape leaves
- 2 pounds lean spring lamb, cut in very small pieces
- Salt and pepper to taste
- 1 cup uncooked white rice, long grain
- 1/4 cup melted lamb fat or margarine
- 1/8 cup pine nuts, optional

Wash grape leaves well with cold water and drain. In large bowl, combine washed uncooked rice, diced lamb, salt and pepper, melted lamb fat or margarine, and pine nuts, if used. Put one heaping tablespoon of filling in each grape leaf and roll tightly. Place in neat tight rows in saucopan. As many layers as necessary should all be placed in tight rows. Cover with water to which 1/2 teaspoon of salt was added. Cover stuffed leaves in pan with dish. Bring to boil, and then simmer slowly for 45 minutes or until rice is cooked. Toss salad and yogurt are served with this meal. Serves 4.

FOOD AND NUTRITION (continued)

Outdoor Cookery

The agent trained three leaders in the Valle Verde Homemakers club so that they might present the Outdoor Cookery lesson to their group.

The same subject matter was used as was given in 1955 to the Patagonia Club and reported in the Annual Report. At the training meeting we broiled a chuck roast, did coffee can cookery, and learned how to build a fire safely. We also discussed the need for taking precautions in having safe foods at picnics in hot Arizona Weather. The leaders will also show the group how to make cowboy biscuits and red flannel stew.

As mentioned previously, this group of women are willing to accept responsibility, and are eager for help from this office. This training meeting was no exception.

16 women participated in this project at their club meeting. Three project leaders presented the lesson. The women were divided into 4 groups and each group was assigned a specific job to perform. The women learned how to prepare red flannel stew, broil chuck roast, cowboy biscuits, french bread, coffee can cookery and lemon carrot cabbage slaw.

All of these women live on ranches and do a great deal of cooking outdoors so hope to put to use much of the information received.

HEALTH

Mental Health

The 2 project leaders presented the "Mental Health" lesson to the Valle Verde Club. 11 women were present. The club members were especially interested in children's problems and behaviors. They all expressed a desire to see the film "Preface to a Life" and participate in a discussion following the film led by Dr. Beck.

The agent attended the Patagonia club meeting and presented the lesson on "Mental Health" to 11 members.

A very simple definition of good mental health was given--"Happy in what you are doing." It was stressed that there is a broad space between mental health and mental illness. To be mentally healthy it is essential that one maintain a positive attitude toward life in general. Good mental health is contagious not only in your own family but with everyone you associate with. We shouldn't build up any undue concern over normal behavior. Too frequently we impair good mental health by feeling guilty or worrying over doing something perfectly normal.

The seven basic needs for the good mental health of children as well as adults are: 1. love, 2. security, 3. acceptance, 4. faith, 5. protection, 6. independence, 7. control. If we fail to provide for these basic needs too frequently, we will probably find that our mental health is not so good.

Even though most of the women present did not have small children, it was pointed out that the first 5 years of life are extremely important in our development to a mature individual. However, we can overcome shortcomings in those first 5 years as we become older, if we are willing to recognize the causes and are willing to do something about them at that time.

We should recognize the fact that we need to prepare ourselves for each phase of life. We need to adjust readily to circumstances as they arise. This was particularly discussed when talking about sharing grief, menopause and growing old. If we are able to make adjustments as children, teenagers and young adults, probably we will be able to adjust readily in later life.

To keep mentally healthy just before and through menopause see a doctor in whom you have a great deal of confidence. Do not blame all of your actions on to your passing through this phase of life.

HEALTH (continued)

Mental Health (continued)

Since this group had several older people in it, we pointed out that oldsters should be encouraged to keep busy and not to completely disrupt their way of living, unless absolutely necessary. Older people should be allowed to do whatever they enjoy and that they should feel needed by family and friends. Example given was that a woman who has always done a lot of cooking and enjoys it should not be forbidden to bake a cake just because she is now considered elderly.

The women who attended this meeting had many questions and participated in a lively discussion. They would be most anxious to see a film on mental health with a discussion following. These women have not had the opportunity of hearing about "Mental Health" in their own community.

It was not possible to arrange a second meeting at which time the film could be shown.

The women are still interested and would very much like to have the arrangements made for this meeting to be held in Nogales this fall. This should be a countywide meeting for all who are interested.

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
State of Arizona
106 North Court Avenue
Tucson

University of Arizona
College of Agriculture
U. S. Department of Agriculture
And Pima County Cooperating

Agricultural Extension Service
Home Demonstration Work
County Agent Work

MENTAL HEALTH OF THE HOMEMAKER

*Prepared by Harriett K. Beck, Ph.D.

- I. Menninger's seven points of being a mature person
 - A. Finds greater satisfaction in giving than he does in receiving
 - B. Is able to form satisfying and permanent loyalties
 - C. Receives as well as gives satisfaction in such relationships
 - D. Is creative in his leisure time and contributes to the improvement of his school, his family, and his community
 - E. Is able to learn and profit from his mistakes and successes
 - F. Is relatively free from fears or anxieties or tensions
 - G. Will ride over the rough spots in life and go on to his destination

Like any form of perfection, emotional maturity is an ideal state that everyone can approach but no one ever quite reaches. When one does, it is only momentarily, because everyone makes mistakes and has failures.

Fortunately, it is possible to come close to that goal and many people do. Now is your chance to work and build toward that goal, by understanding yourself, which is the first hurdle to clear in attaining emotional maturity.

- II. Major purposes or functions of the family in our society
 - A. To give the sex relationship its greatest emotional value
 - B. To rear children in an atmosphere of intelligent affection
 - C. To prepare the individual for the give and take of society
 - D. To prepare the child unconsciously for satisfactory mating in the future.

*Director, Division of Mental Health - Arizona State Department of Health

2. Children accept responsibilities more happily if they have shared in planning the job. When the "Family Council" plans a new sharing of duties, the young people see the reasons behind their share. They have a feeling of belonging to a whole family that is working together. And, if the early duties are easy to do and clearly defined, they can get the satisfaction of a job well done which in turn builds a desire for more responsibilities. Sincere praise, when it is deserved, also helps to build this desire.
3. If a young child balks at doing a job, think twice before you force him to do it. Giving him the choice and respecting his answer shows that you believe in him as an individual. If you are able to maintain this good feeling, you are likely to find him more ready the next time you ask.
4. Duties and privileges go hand in hand in adult life. This is an important lesson which children can best learn in the home. If we do this humbly, without giving the idea that we are "trading" a privilege for a responsibility -- the "lollypop" approach -- the child's strong desire to be recognized as grown-up can move him to grow in accepting responsibilities.
5. Helping young people to accept responsibilities is an important part of our job as parents. It may be a long process, demanding much patience and understanding.
6. The respectful manner with which we, as parents, treat our children will help to build in them a sense of their responsibility to be helpful and fair with other people. Out of this considerateness for other people, will grow the respect, courtesy and understanding basic to good social living.

D. Building social skills

1. We can help our children to develop a pleasant manner in meeting people, gracious ways of taking part in conversations, a feeling of ease and comfort in dealing with others.
2. A home that is open to their friends, and parents who greet, accept and play host to their friends, help the growing friendship-maker greatly.
3. Skills in playing games, knowing songs that are fun to sing, telling stories well -- all can be built at home.
4. Parents who play with their children can show them the fun of playing, the idea of good sportsmanship and the thrill of a game well played even though one doesn't always win.
5. Our role as parents is not to push our children into sociability, but to open doors and provide opportunities for social growth.

III. Guiding the child toward socially acceptable behavior

A. How to help a child learn his limits

1. Teach the right thing instead of attacking the wrong. Not "Stop spilling your milk!" but "Put your glass over here so you won't knock it over." Not "Stop writing on the wall!" but "Here's some paper to draw on. Let's keep the walls clean and pretty."
2. Criticize the act, not the person. Not "You're a bad girl," but "That's a bad thing to do." When you label a child "bad" or "naughty," he may think you mean "I don't like you." If you criticize the act, and have the right feeling in your voice, he will understand that you mean, "I like you, but I don't like what you are doing."
3. Give reasons. Children understand reasons at a very early age, if you state them simply. They can never learn the reasons for right decisions and wise choices unless you give them. Giving reasons helps children build self control. It also shows that you respect them.
4. Be consistent. Things that are wrong one day should not be overlooked the next. If you feel that an exception is called for, explain to the child why you have changed your mind. Parents should stick together on decisions, and work out their differences of opinion when the child is not present.
5. If you punish, be firm and accepting; don't reject the child. Punish right away, briefly, and stay there afterwards to share the child's emotional response. More than ever children need to be near you when they have been punished. Walking off, sending them away or shutting them up means to the child "I don't care about your feelings." When a person knows he is loved even though he has done something wrong, he will grow. But if he feels rejected and unwanted many times, he may develop either deep resentment or a defeated feeling.

B. Building Independence

Independence builds up, block by block, from experience to experience. Children's ability grows from small choices to larger decisions, from simple tasks to more difficult ones. If we let their opportunities grow with their abilities, more and more using advice and suggestion rather than control as the years pass, they are likely to be ready when the time comes for them to make all-important decisions of adulthood.

C. Building a sense of responsibility

1. Helping a child to want responsibilities is far better than forcing him to accept them.

E. Building group living skills

1. Group living demands some special skills which can be built in the home. Children who belong to a "Family-Council" family can learn how to share leadership, how to be a willing follower, and how to cooperate well in a group.
2. A democratic home like this one can dramatize cooperation and respect. It can build a feeling of the significance of others and respect for self.
3. We can also support our children to choose companions and groups wisely by giving them a sense of what real cooperation and sharing can be.

F. Building mature patterns of dealing with people

1. A willingness to join with people as they are, not as inferiors or superiors but as equals. With this must come a willingness to accept people's strengths and weaknesses, and a desire to understand them rather than pass judgment on them.
2. An ability to control one's self in one's dealing with others. This means taking criticism squarely and giving it kindly, a real test of our emotional security and respect for others. We need to control our desire to gain attention and resist the temptation to take praise we don't deserve.

G. How can we help our children build these traits of social maturity?

1. We can open doors which are likely to give them valuable experience, helping them plan for such experiences.
2. Our example and the examples of others they know and respect can serve as guideposts.
3. You won't have to be perfect if you show an honest recognition of your failures and a willingness to keep growing.
4. Keep a frank, warm relationship with our children and young adults; we can help them work through the meanings of their experiences and grow toward more and more mature ways of dealing with people.

IV. The simple rule of good mental health is to take each day as it comes.

"For yesterday is but a dream,
And tomorrow is only a vision,
But today well lived makes
Every yesterday a dream of happiness,
And every tomorrow a vision of hope.
Look well, therefore, to this day!
Such is the salutation of the dawn."

HEALTH (continued)

Pest Control

Dr. J. N. Roney, Extension Entomologist, spent one day in the county and conducted a meeting on "Pest Control" in Patagonia. 24 interested men and women attended. Dr. Roney discussed in detail the following household pests: flies, cockroaches, silverfish, ants, clothes and carpet moths, scorpions, termites, and insects of cereal foods. He also included pests associated with livestock as this was a combined meeting. The characteristics of each pest, the damage they might cause, and what was the best method of control was adequately discussed by Dr. Roney.

There were various kinds of insecticides on hand at the meeting so that everyone could see that they looked like and also how they could and should be used.

Following the discussion on pests, he actually showed the women how to place chlordane dust under the shelf paper in the club house kitchen cabinets. Also demonstrated was how to effectively use the chlordane spray. The women were particularly interested in his method of using paradichlorodane crystals to moth proof blankets.

The subject matter material was presented in an extremely interesting manner and most informative. The attendance was not as large as we had anticipated since this was a joint venture with the county agent. Letters were sent to our complete mailing list as well as having advanced publicity in the newspapers. Dr. Roney's bulletins, "Household Pests," "Livestock Pests," Arizona Insect Control Recommendations for 1955" were distributed to all present.

RECREATION AND COMMUNITY LIFE

Once each year the Patagonia women include a special interest meeting in their club program. This year they chose to make aluminum trays. A homemaker from Pima County, Mrs. Myron Templin, presented the lesson. 12 women learned how to select designs, transfer them to aluminum disks, apply paint to protect parts of design from the acid and etch them with sulphuric acid.

Mrs. Templin also showed them how to form the disks into trays after the etching was completed. The women in this rural community do not have the opportunity to get information of this type unless it is included in their club meeting. It helps to meet a creative need of the women.

HOME ECONOMICS 4-H CLUB WORK

There are 7 Home Economics 4-H leaders and 4 club in the county this year. There is one junior leader. To date there have been 35 club meetings attended by 289 members reported to have been held by local leaders.

The clubs are located in four rural communities, Tubac, Upper Santa Cruz Valley, east of Nogales, Patagonia and Elgin. 30 members are enrolled.

There have been no new clubs organized. However, Mrs. Joe Kane and Mrs Harry Stevens are considering the possibility of reactivating the Stitch & Giggle club in the calabasas area this fall.

Due to the distances involved leader training had to be accomplished by personal contact with the leaders. This year the leaders did not receive as much assistance from the agent as they should have had. Lack of time was the primary reasons for this deficiency. The leaders are very self sufficient, but they are entitled to more help from the county office.

4-H Fair

Exhibits in the county 4-H Fair were as follows:

Home Furnishings	4
Clothing	64
Food Preparation	81

The entire fair is a family affair and many people attend just out of interest in their community.

All five clubs in the county entered the Record Book Contest. Mr. Graham Wright judged this contest. All members had such complete records that all five clubs received blue ribbons. The gavel this year went to the Santa Cruz Muskrats.

Anita Hand and Connie Hertzog from the University 4-H Service Club assisted the agent at the Fair this year. Both girls are from Pima County and have had many years club experience. Connie organized and commentated the Dress Revue. Anita worked with exhibits and helped compile the judges' results. Their assistance was greatly appreciated.

Judging and Demonstration Contests Day

Something new was tried this year and that was holding Home Economics and Agricultural demonstrations the same day at the Youth Building in Nogales. It worked out satisfactorily and should be repeated in the future. These contests were held following the Fair.

HOME ECONOMICS 4-H CLUB WORK (continued)

Judging and Demonstration Contests Day (continued)

A summary of the demonstrations given is as follows:

Junior Individual foods - 2
Junior Team foods - 3

Junior Clothing Individual - 3
Junior Clothing Team - 1

Senior Clothing Individual - 1

The girls were not as well prepared to give their demonstrations this year--consequently, the quality was not as high as last year. Our contest was held about the same time as school closing which meant that the girls were involved in too many activities at that time. It would be desirable to work with the leaders more in planning demonstrations.

Participation in the Judging Contest was excellent from 3 clubs. The other club only had 3 girls entered. The summary is as follows:

Junior Clothing (10 and 11 year olds) - 6
Junior Clothing (12 and 13 year olds) - 6
Senior Clothing - 3
Junior Foods - 13

State Roundup

The agent made home visits to all of the girls selected to attend Roundup to give them constructive criticisms on their demonstrations and to help them to know what to look for when judging. This seems to be helpful to the girls and they try to put into use suggestions given.

10 girls and 1 leader attended the 1956 Roundup on the University of Arizona Campus.

Results of their activities are:

Junior Foods Judging Team-6th place in state
Junior Clothing Judging Team - no placing

Junior Individual Foods Demonstration - Red ribbon
Junior Team Foods Demonstration - Red ribbon

Junior Individual Clothing Demonstration - Red ribbon
Senior Individual Clothing Demonstration - Blue ribbon

HOME ECONOMICS 4-H CLUB WORK (continued)

State Roundup (continued)

Dress Revue - 1 red ribbon
1 no award

Only 3 of the 10 girls had attended Roundup in previous years.

4-H Council

So far there have been 3 Council Meetings with a total attendance of 34. The County Council assumes its responsibilities well and actively promotes the 4-H club program in the county. The Council is made up of 4-H leaders (both agricultural and home economics) and other interested people in the county.